

## Events Calendar

PMSS Alumni & Friends Homecoming	August 6-8, 2010
Creech Family Reunion	August 8, 2010
In the Footsteps of Lucy Braun Forest Study Workshop	August 11-15, 2010
Community Pot Luck	August 20, 2010
Fair Day	August 28, 2010
Community School Reunion	September 4, 2010
Community Pot Luck	October 8, 2010
Nature Photography Workshop	October 8-10, 2010
Weaver's Choice Workshop	October 8-10, 2010
The Art of Building Dry Stone Masonry Workshop	October 8-10, 2010
How to Replace a Hickory Bottom Chair Seat	October 9, 2010
Community Fall Clean-up	October 9, 2010
Fall Color Weekend	October 15-17, 2010
Community Children's Fall Party	October 23, 2010
Nativity Play	December 12, 2010

For more information or to make an on-line reservation, please visit our Web site at [www.pinemountainsettlementschool.com](http://www.pinemountainsettlementschool.com) or call (606) 558-3571 between 7 a.m. and 3:30 p.m. Monday through Friday.

You may also write to: **Operations Manager, Pine Mountain Settlement School, 36 HWY 510, Pine Mountain, KY 40810-8289** or e-mail: [office@pinemountainsettlementschool.com](mailto:office@pinemountainsettlementschool.com).

facebook

**We've Got Fans!**

Since we joined Facebook in 2008, more than 2400 people have become fans of Pine Mountain. This popular online social network helps us stay connected with program attendees, alumni, students, volunteers, and PMSS supporters. Fans receive updates through Facebook that include photos and program information from the School. Fans may also post photographs and comments about their special memories of PMSS. If you are a Facebook user, please consider becoming a fan of Pine Mountain Settlement School at [www.facebook.com/pages/Pine-Mountain-KY/Pine-Mountain-Settlement-School/16346354949](http://www.facebook.com/pages/Pine-Mountain-KY/Pine-Mountain-Settlement-School/16346354949).

### **Pine Mountain Notes Available On-line and by E-mail**

If you would like to receive your copy of the Pine Mountain Notes by e-mail, please send your e-mail address to [office@pinemountainsettlementschool.com](mailto:office@pinemountainsettlementschool.com) along with your request. The Notes are also available on the School's Web site: [www.pinemountainsettlementschool.com](http://www.pinemountainsettlementschool.com).

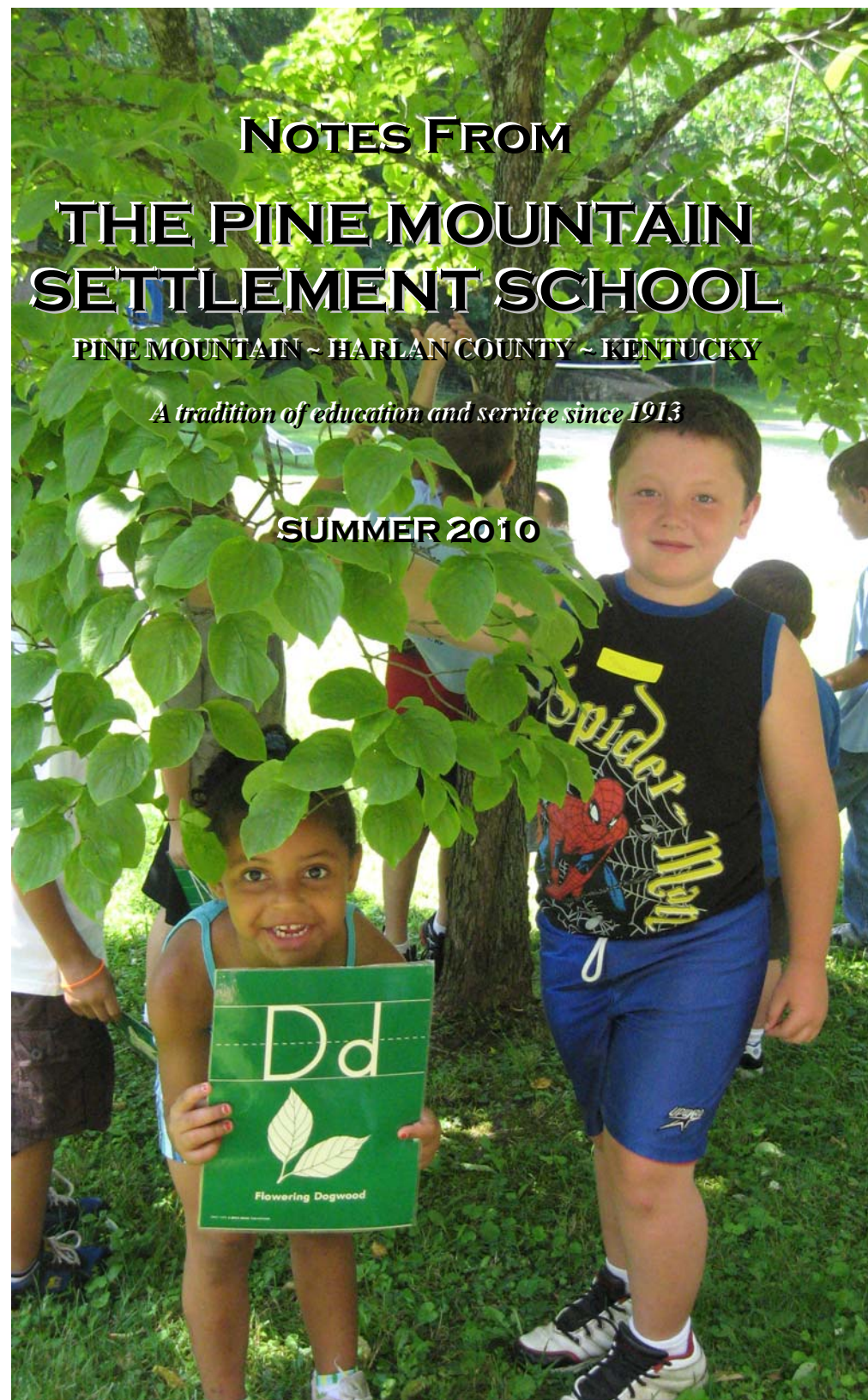
**Cover photo:** Brandy Spencer (left) and Shaun Coots locate a dogwood tree by matching the leaf on their tree identification card at day camp.

# NOTES FROM THE PINE MOUNTAIN SETTLEMENT SCHOOL

PINE MOUNTAIN ~ HARLAN COUNTY ~ KENTUCKY

*A tradition of education and service since 1913*

**SUMMER 2010**



July 2010

Dear Friends,

This month, we hosted 42 local children for our annual weeklong, residential Reading Camp – our largest group ever! Staff from the Episcopal Diocese of Lexington worked for months to make this a special learning and confidence-building experience for children who are having difficulties with the basics of reading. This year, 32 volunteers from eight states came to Pine Mountain for nine days to help these children. The primary reason these volunteers give so much of themselves is that they believe that every child deserves a chance to reach for their dreams.

In June, eight members of the Pine Mountain Trail Conference spent a week working on Settlement School trails and our butterfly garden. They've come here for several years. Sometimes they work on nearby state nature preserves trails. They all enjoy hiking and exploring natural areas. The primary reason they volunteer to do this work is because they want others to be able to experience the natural wonders of our area.

In March, 88 college students stayed at Pine Mountain to plant trees on mined lands in our area during their spring break. This effort was part of the Appalachian Regional Reforestation Initiative, which is advocating for the planting of native hardwood trees after mining instead of non-native, invasive grasses. At least 1.2 million acres of Appalachian forests and soils have been destroyed by surface mining for coal. These volunteers hope that their efforts might help speed up the process for reforestation and re-establishment of habitat so critical for native flora and fauna.

I mention these three examples of volunteerism not only because of how we and others benefit, but because of how these selfless acts uplift our spirits and inspire us. We all have many worries. The world's news is especially bleak. It seems as though we face insurmountable odds to overcome our most pressing problems.

So, I am profoundly grateful to all who continue to help us, in small and big ways, and by extension, enable us to share important knowledge of the natural world, our culture and our vision for a better, kinder way of life.

In the spirit of Pine Mountain,

Nancy Adams, Executive Director

### In the Footsteps of Lucy Braun forest study workshop



We have five spaces left for In the Footsteps of Lucy Braun forest study workshop, Aug. 11<sup>th</sup> through 15<sup>th</sup>. Activities include hikes to special natural areas and presentations on the geology and flora of the central Appalachians. Hikes are scheduled for Bad Branch State Nature Preserve, Blanton Forest, Lilley Cornett Woods, Black Mountain and Pine Mountain Trail State Nature Preserve. The workshop is limited to 15 people. For more information or to register, call (606)558-3571 or visit the School's Web site at [www.pinemountainsettlementschool.com](http://www.pinemountainsettlementschool.com).

## How You Can Help

Income to operate Pine Mountain's programs and maintain the physical plant comes from three sources: interest income from the School's endowment fund, earned income, and contributions. From time to time, we seek grant funding to help with particular projects, equipment and building repairs.

We appreciate all contributions and are prudent in our use of financial resources. Your financial contribution makes it possible for Pine Mountain to carry out its mission and to continue to be a strong institution in an underserved area.

Pine Mountain Settlement School exists to serve people in the local community and beyond. To accomplish this, we strive to:

- Teach others about the natural environment and promote protection of ecosystems
- Incorporate into our operation energy conservation, renewable energy sources, local materials and healthy food, and share this knowledge with others
- Provide supplemental educational experiences for local students which strengthen, enrich, and extend their academic education
- Protect and maintain the natural lands and historic structures at the Settlement School
- Celebrate, interpret, and promote the cultural heritage of central and southern Appalachia
- Serve as a center for recreation, fellowship, and lifelong learning, welcoming all who come

Pine Mountain is a private, 501(c) (3), non-profit corporation. Contributions to Pine Mountain are tax-deductible as allowed by law.

Pine Mountain accepts online contributions through Network for Good. Please see our Web site for more details.

### NEEDS LIST

Those interested in helping with any of these items may donate part or all of the cost.

- |  |                                  |
|--|----------------------------------|
| Hanging finisher for copier \$650      | Adobe Photoshop software \$80    |
| Rainwater catchment systems \$30-\$500 | Paper towel dispensers \$55 each |
| Stihl F250 Weedeater \$400             | Twin-sized sheet sets \$20 each  |
| Circular saw \$200                     | Asparagus \$20 for 10 crowns     |
| Power drill \$150                      | Rhubarb \$25 for 2 plants        |
| Archival shelving \$750                | Display building materials \$500 |



## Grants and Donations

The **Alpha Sigma Tau National Foundation** is helping Pine Mountain to replace the beds and mattresses in West Wind dormitory. With \$5,072.00 contributed in 2009 and \$9,360.00 in 2010 toward this project, nearly two-thirds of the 81 beds and mattresses will be new by the end of summer.

For more than 60 years, Alpha Sigma Tau National Foundation has helped Pine Mountain Settlement School. The Foundation established a fund for the Intervention Program, which covers the costs for two teachers to work six hours a week with elementary students who need remedial instruction in reading and math. Other projects have included furnishings for the Sybil King Community Room in Laurel House, restoration work at West Wind dormitory and Big Log, replacement of appliances and furnishings in campus buildings, and a van for environmental education field trips.

The **Berea College Appalachian Fund** awarded \$18,540 to Pine Mountain Settlement School to go toward expenses for Reading Camp and the Sustainability Initiative.

**John Paul DeJoria**, co-founder of John Paul Mitchell Systems, provided \$150,000 in start-up funds for GROW APPALACHIA, a new project designed to support agriculture projects that increase the ability of communities to provide for their food needs. Pine Mountain received \$29,133 to work in the surrounding community. The balance went to project partners: Berea College Appalachian Center, Henderson Settlement, Red Bird Mission, and the Laurel County African American Heritage Center.

The **Cralle Foundation** has awarded a \$5,000 grant to Pine Mountain Settlement School to support the Sustainability Initiative.

**Bayside Academy** contributed \$2,500.00 for weatherization supplies to help with energy efficiency projects in the Pine Mountain community and environmental education classroom equipment.

The **AmeriCorps\*VISTA program** has awarded a grant for three positions at the Settlement School. These volunteers will work on community projects, including Grow Appalachia and technology initiatives.

**PRIDE**, a regional nonprofit group that promotes environmental cleanup and education, has awarded a \$2,579.44 grant to purchase environmental education supplies and teaching tools.

The **Home Depot® Foundation Building Health Communities** grant program awarded \$2,500 to Pine Mountain Settlement School for community weatherization and home energy efficiency projects.

**Appalachian Community Fund** contributed \$800 for technical assistance for the Sustainability Symposium.

**Kentuckians for the Commonwealth** contributed \$1,425.00 for Sustainability Symposium scholarships.

**Appalachian Community Economics** contributed \$1,000.00 for Sustainability Symposium scholarships.

**Appalachian Center at Eastern Kentucky University** contributed \$200 for Sustainability Symposium scholarships.

## Save America's Treasures



Draper Building – old roof



Draper Building – new roof

### A new roof for Draper Building

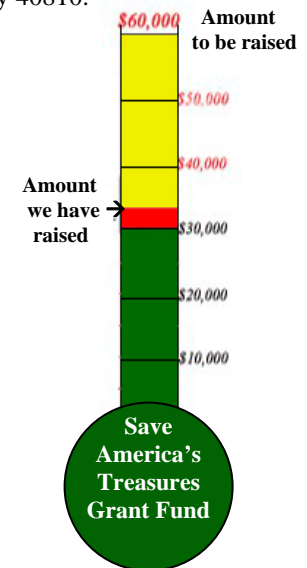
Earlier this year, work was completed to replace the roof and gutters on Draper Building. The new roof and gutters are similar to the original materials on the building, which was completed in 1936. G. F. Bessinger Construction of Lockport, KY performed this work.

In December 2008, the National Park Service awarded a \$138,000 Save America's Treasures grant to Pine Mountain to help with completion of ten projects on the School's historic buildings. The School is required to match grant funds dollar-for-dollar. The third project will be the completion of repointing the chimneys at Big Log, the School's first original building.

We are now raising funds for repair of Laurel House roof. The project is estimated to cost about \$60,000. Pine Mountain's goal is to raise \$30,000 as its share of the project. To date, we have raised \$7,000. If you would be interested in contributing funds for this project, please contact the office at (606) 558-3571 or send money to: Pine Mountain Settlement School, 36 Highway 510, Pine Mountain, Kentucky 40810.



Insets show damaged shingles on Laurel House roof



## Fall Arts Weekend

The 2010 Fall Arts Weekend at Pine Mountain Settlement School will offer workshops in nature photography, weaving, and hickory bark chair bottom replacement. The weekend activities begin with dinner on Friday, Oct. 8 and continue through lunch on Sunday, Oct. 10.

Dr. Thomas G. Barnes, award-winning author, nature photographer, and University of Kentucky Extension Wildlife Specialist and professor in the Department of Forestry, will lead the nature photography workshop.



Dr. Thomas Barnes

The workshop, designed for all skill levels, will include an introductory session on nature photography, three field sessions, a session on equipment basics for nature photography, and critiques of participants' photographs. If time allows, Tom will discuss post-processing techniques using Adobe Photoshop software.

Participants should bring their own digital cameras and related equipment, and a stick drive with five of their photographs. The cost is \$300 and includes tuition, meals, snacks, and lodging. Class size is limited to 15 students.

Pat Begley, Settlement School staff member, will teach the "Weaver's Choice" workshop. Participants can choose to focus on one of three types of weaving: pattern weaving, rag weaving or weaving with loopers, which are cut from the tops of socks. Everyone will work on a project to take home: wall hangings, rugs, placemats, or table runners. All materials are provided. Those who want to work on rag rug projects may bring their own material.

The workshop is for beginning- and intermediate-level students. The cost is \$240 and includes workshop materials, tuition, meals, snacks, and lodging.



Pat Begley



Paul Creech and Matthew Boggs

The third workshop is "The Basics of Replacing a Hickory Bark Chair Seat," a three-hour session on Saturday, Oct. 9. Settlement School staff members Matthew Boggs and Paul Creech will teach participants how to weave a chair seat using hickory bark. Participants are encouraged to bring their own chairs or stools to work on. Students should be able to complete their projects during the workshop. This workshop will take place from 9 a.m. to noon. Cost is \$75 and includes all materials, tuition, and lunch. Class size is limited to six.

More information and registration forms for all workshops are available on-line at [www.pinemountainsettlementschool.com](http://www.pinemountainsettlementschool.com).

## Tree Planting

### Appalachian Regional Reforestation Initiative

In late March, nearly 90 volunteers, many of whom were college students, came to the Pine Mountain area to participate in a region-wide effort to plant hardwood trees on reclaimed coal mined lands in Appalachia. Starting in late February in Alabama and continuing north until mid-May in Pennsylvania, organizers of this effort planted hundreds of thousands of white oak, red oak, black cherry, yellow poplar, black locust, red bud and dogwood trees on reclaimed lands.

The volunteers in this area planted trees on 25 acres on the former Dollar Branch coal processing site, which borders Settlement School property to the west. The site is owned by the Shell and Martin families.

To prepare the mined sites for planting, project organizers rip up the soil to a depth of four feet to create a less compacted medium in which to plant trees. They apply herbicides to the non-native, invasive grasses on the sites.

Project partners are: the U.S. Office of Surface Mining, 17 universities in the Appalachian region, environmental organizations, industry groups, and citizens. For more information about this project, please visit the Web site: <http://arri.osmre.gov>.



At left, Patrick Angel, in the white cap, instructs his grandchildren about how to plant trees. Patrick is one of the founders of the Appalachian Regional Reforestation Initiative and former trustee on the Settlement School board. His research for his doctoral degree in forestry showed that less compacted soil on mine sites would better support trees. He works for the federal Office of Surface Mining.

Below, dozens of college students got up early to start the tree-planting project on the former Dollar Branch coal processing site near the Settlement School. Students planted hundreds of trees on the 25-acre site, which is owned by the Shell and Martin families.





## New Faces at PMSS

This summer has brought several new people to the Settlement School to work on special and seasonal projects. Two interns and four seasonal workers are helping with Grow



Appalachia, a new initiative that encourages increased local gardening, food preservation and the start-up of a farmers' market. The two interns are Jason Johnson, of Atlanta, Georgia and Katey Lauer of Pittsburgh, Pennsylvania.

The four seasonal workers are Lonnie Lankford of Bledsoe, Preston Jones of Putney, Samantha Sparkman of Gilley, and Ricky Turner of Big Laurel.

Seasonal workers for special projects are Tyler Boggs of Big Laurel, who is helping the staff with Settlement School gardens, and Cathy Boggs, of Big Laurel, who is working on School archives projects.

Katherine Caldwell, a Berea College student from Danville, Kentucky, is working on media projects about the Settlement School.

Maggie Ashmore, who is from Clarksville, Ohio, is the AmeriCorps\*VISTA agriculture worker for 2010-2011. She graduated from Earlham College with a B.S. in biology.

### New addition to environmental education staff

In June, we welcomed Valerie Osborne as a new member of the environmental education staff. Valerie recently graduated summa cum laude from Eastern Kentucky University with a B.S. in elementary education. She has lived on the north side of Pine Mountain since 1992. For several years, she has assisted the environmental education staff. She has also served as the School's Intervention Program teacher at nearby Green Hills Elementary for seven years.



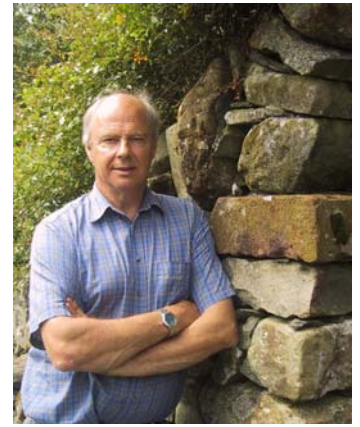
Valerie Osborne

Valerie is active in the local community and church. For nine years, she and her family have been the coordinators for mission trips to help the community of Mafredi, in southern Belize. They have raised money for equipment and building materials for the community.

In addition to teaching, Valerie will be working with the School's Sustainability Initiative director, Randal Pflieger, to revise sustainability classes for the environmental education program. She is also interim director for the School's AmeriCorps VISTA program.

## Historic Preservation Field Schools and Workshops

Openings are still available for the dry stone masonry workshop, "The Art of Building Dry Stone Walls", Oct. 8 through 10, during the Fall Arts Weekend. Richard Tufnell, master stone mason, is returning for the fifth year to teach this workshop. Students of all skill levels are welcome. For more information, or to register, please call the office at (606) 558-3571 or go to the School's web page: [www.pinemountainsettlementschool.com](http://www.pinemountainsettlementschool.com).



Richard Tufnell

Since 2002, Pine Mountain has provided hands-on training and instruction in preservation skills for managers of historic properties, homeowners, contractors and architecture students as part of its educational mission. The Kentucky Heritage Council, the Commonwealth's historic preservation office, co-sponsors the field schools and workshops.



Miles Miller

Two other historic preservation workshops and an historic cooking workshop have been offered at Pine Mountain this year. Students from University of Kentucky's School of Architecture attended a mortar workshop in April, which was taught by Miles Miller.

In late July, students from five states attended the Appalachian-Style Wood Shingle Roof workshop and worked on the Creech Cabin, one of Pine Mountain's historic structures. This workshop was taught by Jim Houston, preservation construction specialist for the Pennsylvania Historical and Museum Commission.



Jim Houston



(Left to right) Nita Collier, Tamela Goble, and Pat Sluss with Marcia Houston, open-fire cooking instructor .

The open-fire cooking workshop, also in July, was taught by Marcia Houston, of Berks County, Pennsylvania. Marcia has decades of experience in hearth cooking and baking, and continues to do research on the cooking culture of early settlers.



## Sustainability Initiative

The Sustainability Program continued efforts to weatherize buildings at the Settlement School. Staff applied weatherstripping and caulk around windows and doors in Draper, the School's primary classroom building.

With the completion of a passive solar hoop house, staff were able to extend the growing season. Even during the unusually snowy, cold winter, we were able to harvest spinach, lettuce and arugula in January and February.

PMSS staff member Randal Pflieger and AmeriCorps\*VISTA member Elizabeth Saunders have spent most of their time and energy on a new initiative, Grow Appalachia, which seeks to promote interest in gardening. This new program is featured on the centerfold of the Notes.

### PMSS Sustainability Symposium



Marie Cirillo, Michelle Mockbee and Carol Judy of the Woodlands Community Trust lead a panel discussion at the Sustainability Symposium.

non-timber forest products; energy efficiency and renewable energy projects in Harlan, Cumberland, Benham, and Lynch; and tours of mobile alternative energy trailers.

The weekend culminated with a group discussion led by a panel made up of Appalachian center directors from Berea College, Eastern Kentucky University, Southeast Kentucky Community and Technical College, and University of Kentucky. The directors discussed questions about the role of Appalachian centers at Kentucky colleges and universities in fostering sustainable energy, agriculture, and forestry as a basis for economic advancement in eastern Kentucky and central Appalachia.

We would like to thank the attendees, workshop presenters, and volunteers. Specifically, we would like to thank Kentuckians for the Commonwealth, Mountain Association for Community Economic Development, Appalachian Community Economics, the Appalachian Community Fund, the Center for Appalachian Studies at Eastern Kentucky University, and University of Kentucky Appalachian Center for their support and participation in the Symposium. Additionally, we would like to thank the following individuals for their participation: Alan Banks, Chad Berry, Anthony Flaccavento, Robert Gipe, Evelyn Knight, and Justin Maxson.

On May 14 through 16, more than 80 people from five states attended the Sustainability Symposium at Pine Mountain. They came to learn about and discuss issues related to food, energy, and forests in southeastern Kentucky and central Appalachia.

Workshop sessions were designed to highlight community-based work and to look at ways to develop a long-term vision and lay out practical steps for the region.

The sessions covered a wide range of topics and activities including organic gardening and

## Community

### Community Broadband

Members of Pine Mountain Residents for Broadband met through the winter and spring to continue a campaign to bring high-speed Internet service to area residents. Group members were disappointed that no projects that included the Pine Mountain service area were funded in the first round of applications to the federal Broadband Technology Opportunities Program (BTOP). Two proposals which include the area have been submitted for the second round of applications. Group members created maps and wrote letters of support for both applications: a proposed wireless broadband service based on a cellular tower on top of Pine Mountain and a high-speed satellite cloud-based system for area residents. BTOP grant recipients will be notified in July.

The group also worked with Appalshop, a regional media center, on video projects that were designed to highlight the need for area broadband. As part of the campaign, AmeriCorps\*VISTA member Vincent Smith of Gilley worked with a number of community volunteers to record more than 25 video interviews. The videos were uploaded to the Web site [www.dialuprocks.org](http://www.dialuprocks.org) and were used in regional and national social media and radio-based campaign at Appalshop. Area residents also participated in call-in radio shows and helped to create a music video for "The Dial-Up Blues," a song composed for the project by regional musician Randy Wilson.



Community children, in kindergarten through third grade, attended a weeklong day camp in June.

### Summer Day Camps

Celebration of folk culture and nature-themed crafts and games kept more than 50 children entertained during day camps in June. The younger children worked on a presentation of "Three Billy Goats Gruff" and the teen group learned several folk dances and built bluebird boxes. Hikes on the James E. Bickford State Nature Preserve on the School's property and to Bad Branch State Nature Preserve in Letcher County were highlights of the week. As always, a spirited water balloon fight delighted everyone.

We wish to thank the many people who helped provide food and assistance: the Harlan County Community Action Agency; Jessica Lewis; Larry Lewis; Lisa Merrill; Cheryl Tolliver; and Lacey, Stephanie, Erica and Taylor Boggs.

## Community

### Fair Day

Some of the best food and crafts in the Pine Mountain community area will be featured at this year's Fair Day on Aug. 28 on Settlement School grounds.

The Farmers' Market will begin at 9 a.m. and continue until noon. Community members are invited to bring vegetables to sell. For more information, call Randal Pflieger at 558-3594.

Most activities will begin at 11 a.m. and continue until 2 p.m. These activities include the book sale on the Library porch, children's games on the playground, crafts booths and informational displays near the Library.

Harlan County extension agents will be on hand to judge handmade crafts, homegrown vegetables, flower arrangements, photographs, and canned goods. To enter the contest, participants should bring their items to Laurel House between 9 and 11 a.m. Judging will begin at 11 a.m. and the winners will be announced at noon. Ribbons will be given for first, second and third place winners. A dollar will be given to blue ribbon winners.

Informational booths will include representatives from the Kentucky Department of Fish and Wildlife, the Harlan County Health Department, Air Evac Lifeteam, and Pathfinders Independent Living, a social services organization. For more information, please call Judy Lewis at 558-3586.

### Easter Egg Hunt

Eighty parents and children attended the annual Easter Party on April 3 on Settlement School grounds. The day was beautiful – perfect weather to search for more than 300 plastic eggs filled with treats. Everyone enjoyed refreshments, games and a visit from the Easter bunny.

At right, Andrew Tolliver looks for eggs amid the blooming daffodils near the Library.



### Little League Baseball

Mountainsides covered in blooming wildflowers, songbirds tending their nests, and Pine Mountain baseball are sure signs of spring here. This year, 60 children from the Pine Mountain area turned out to play baseball on Settlement School grounds. Despite a rainy season, the four teams were able to get in several games during April and May.

We would like to thank the sponsors for this year's season: Turner's Grocery in Big Laurel, Nolen's Lodge in Pine Mountain, D.J. Café and Grocery in Bledsoe, Anderson & Laws Funeral Home Inc. in Harlan, and Flav-o-Rich Dairy in Harlan. We would also like to thank the volunteers who coached the teams and helped with the concession stand.

## Special Events

### School reunions

The annual homecoming for the Pine Mountain Association of Alumni and Friends is scheduled for Aug. 6 through 8. The Alumni Association is made up of people who graduated from or attended the Settlement School until 1949. The weekend activities will begin with dinner on Friday, Aug. 6. Saturday's activities include the banquet meal at noon followed by the business meeting, visiting and sharing photographs in the afternoon, and an evening performance by musician Rich Kirby. The weekend concludes with a Chapel service on Sunday morning. To make reservations, please call the School office at (606) 558-3571.

The Community School reunion for students who attended Pine Mountain from 1950 until 1972 will be Saturday, Sept. 4. Registration will begin at 2 p.m. Afternoon activities will include a campus tour and a video presentation of Pine Mountain images. The gift shop will be open. Dinner is scheduled for 5 p.m. For reservations, please call the School office or register on-line at [www.pinemountainsettlementschool.com](http://www.pinemountainsettlementschool.com).

### Fall Color Weekend



Looking for a pleasant place to enjoy fall foliage with your friends and family members? We invite you to join us for the annual Fall Color Weekend, Oct. 15 through 17. Daily activities will feature a driving tour and hike on Little Shepherd Trail on Pine Mountain, hikes on campus, and short classes on tree identification and plant medicines. Guest speaker for the weekend will be Amy McIntosh, an artist and botanist who has conducted extensive field work on Pine Mountain. Providing Saturday night's

entertainment will be Murphy's Echo, made up of the Mays family from nearby Hyden. Registration information and forms are available on-line at [www.pinemountainsettlementschool.com](http://www.pinemountainsettlementschool.com) or from the office.



## Grow Appalachia

On a humid, sunny morning in mid June, Wilma Nance walked out into her yard to survey her garden. A scarecrow, clad in a blue cotton dress and straw hat, stood guard over the tiny corn plants. Wilma pointed to rows that needed to be tilled and weeded, and to the area where she wants to put a second planting of corn. She's already harvested broccoli and lettuce. Soon, Wilma will be picking bush beans, cucumbers, tomatoes and corn. She'll prepare some of the vegetables right away. The rest she will preserve or give to neighbors.

Four people have arrived at Wilma's Greasy Creek home in Leslie County to help in the garden. One is a Pine Mountain Settlement School staff member; the other three are summer interns hired under a privately funded grant named Grow Appalachia.



Katherine Turner (left) of Bledsoe and Judy Lewis, Pine Mountain Community Coordinator, take a break after harvesting squash and cucumbers from Katherine's garden.

Wilma and her daughter are one of 16 families and two community groups in the Pine Mountain area that are participating in this new initiative. Grow Appalachia is designed to help families and the communities in which they live become more self-reliant and healthier through raising more of their own food. John Paul DeJoria, co-founder of John Paul Mitchell Systems, has provided \$150,000 in start-up funds for Grow Appalachia this year. The funds have been distributed to Berea College's Appalachian Center, which is serving as project coordinator, and to the participating institutions in southeast Kentucky: Pine Mountain Settlement School, Henderson Settlement, Red Bird Mission, and the Laurel County African American Heritage Center. Together, these institutions are helping 100 families to grow more of their own food and to provide a surplus to sell at a farmers' market or to give to neighbors who are not able to garden.

The grant has paid for a tiller, seeds, plants, and tools for each institution to use in the gardens. The grant also provides funds for a project coordinator and summer interns at each site. The coordinator and interns work with participants to help with various gardening tasks.

Grow Appalachia interns at Pine Mountain have worked to start a farmers' market in nearby Cumberland. They take extra produce from the Pine Mountain community garden and Grow Appalachia participants to sell.

If the project is successful this year, Mr. DeJoria has said he will provide additional funding. In time, the goal is to include 1,000 Appalachian families in the project.



Preston Jones of Putney tills his garden for a successional planting.



Sonny Maggard of Bledsoe tills one of his garden plots.

### MISSION STATEMENT

**Grow Appalachia is dedicated to helping mountain families plant a healthy future for themselves and their communities by:**

- **Providing them with skills and resources to grow sustainable, nutritious food**
- **Teaching them how to prepare and preserve food in a healthy way**
- **Empowering them to share their knowledge in the community**
- **Creating programs to provide food to elderly and disabled residents in need**
- **Developing local farmers' markets to sell surplus food**



Paul Jackson and grandson, Chaten Jackson, pick up broccoli transplants for their garden.